

WHAT'S COOKING? TAPAS

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SMALL PLATES OF FOOD ARE SO FASHIONABLE AND ARE THE PERFECT ADDITION TO YOUR SUMMER SOIRÉE. WHEN PLANNING YOUR MENU, TURN TO TAPAS TO SHARE AMONG FRIENDS, LEAVING YOU MORE TIME TO ENTERTAIN AND LESS TIME IN THE KITCHEN.

INGREDIENTS

(SERVES 3-4)

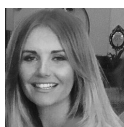
ROOTS OF A BUNCH OF FRESH CORIANDER
2 GARLIC CLOVES
2.5CM PIECE OF FRESH GINGER
1 LARGE RED CHILLI
1 TABLESPOON COCONUT PALM SUGAR
SEA SALT
2 TEASPOONS FISH SAUCE
1 LIME
8 RAW KING PRAWNS / JUMBO SHRIMP (SHELL ON)

CHARRED SHRIMP WITH NAM JIM



METHOD:

1. USING A PESTLE AND MORTAR, POUND THE CORIANDER ROOTS, GARLIC, GINGER AND CHILLI UNTIL YOU GET A PASTE. THE SKIN OF THE CHILLI WILL COME LOOSE AS YOU ARE CREATING THE PASTE, YOU SHOULD PICK IT OUT AND DISCARD IT. ADD THE SUGAR AND POUND THEN ADD A LITTLE SALT, THE FISH SAUCE AND JUICE FROM THE LIME. THIS CREATES THE NAM JIM.
2. HEAT A GRIDDLE PAN OVER A HIGH HEAT. CUT THE PRAWNS / SHRIMP LENGTHWAYS DOWN THE MIDDLE OF THE BELLY SO YOU HAVE LONG HALVES. PLACE THEM, FLESH-SIDE DOWN ON THE PAN, COOK FOR 2 MINUTES THEN FLIP THEM OVER AND COOK FOR ANOTHER 2 MINUTES.
3. ONCE COOKED ARRANGE THE PRAWNS / SHRIMP TOGETHER ON A PLATE AND SCATTER ANY LEFTOVER CORIANDER LEAVES AND CHILI SLICES. DRIZZLE WITH NAM JIM AND SERVE.



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INGREDIENTS

(SERVES 12-14)

MUSHROOM PAKORAS

115 G CUP CHICKPEA/
GRAM FLOUR
1 TEASPOON GROUND
CUMIN
1 TEASPOON CUMIN SEEDS
1/2 TEASPOON GROUND
TURMERIC
1/2 TEASPOON SALT
1/2 TEASPOON BAKING
POWDER
120 ML CUP WATER
1/2 ONION, CHOPPED
200 G MUSHROOMS,
CHOPPED
2-3 SPRIGS FRESHLY
CHOPPED CORIANDER/
CILANTRO VEGETABLE OIL,
FOR DEEP-FRYING
LEMON WEDGES, TO SERVE
(OPTIONAL)

YOGURT DIP

4 TABLESPOONS FRESHLY
CHOPPED CORIANDER/
CILANTRO OR MINT
LEAVES
200 ML PLAIN YOGURT

MUSHROOM PAKORAS



METHOD:

1. FIRST, MAKE THE YOGURT DIP. STIR THE CHOPPED CORIANDER/CILANTRO OR MINT INTO THE YOGURT AND SET ASIDE.
2. PLACE THE CHICKPEA/GRAM FLOUR, CUMIN POWDER AND SEEDS, TURMERIC, SALT AND BAKING POWDER IN A MIXING BOWL.
3. WHISK IN THE WATER TO FORM A SMOOTH BATTER. FOLD IN THE ONION, MUSHROOMS AND CORIANDER/CILANTRO.
4. HEAT THE OIL IN A WOK OR LARGE PAN UNTIL VERY HOT. COOK THE PAKORAS IN BATCHES, DROPPING IN A TABLESPOON OF THE MIXTURE FOR EACH PAKORA. FRY FOR ABOUT 3-5 MINUTES, UNTIL GOLDEN BROWN, TURNING OVER EACH PAKORA AS IT COOKS TO ENSURE EVEN BROWNING. REMOVE THE PAKORAS WITH A SLOTTED SPOON AND DRAIN ON PAPER TOWELS.
5. SERVE AT ONCE WITH THE YOGURT DIP OR LEMON WEDGES FOR SQUEEZING.



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(SERVES 3-4)

175 G CUP DRIED PINTO BEANS
1 TABLESPOON VEGETABLE OIL
150 G CHORIZO CHOPPED OR SLICED
¼ ONION, FINELY CHOPPED
1 SMALL CLOVE OF GARLIC, FINELY CHOPPED
2 TEASPOONS PAPRIKA
½ TEASPOON SALT
SERVE WITH 8-12 CORN OR FLOUR TORTILLAS, WARMED
200 G FRESCO OR FETA CHEESE, CRUMBLED (OPTIONAL)
FRESHLY CHOPPED CORIANDER/ CILANTRO (OPTIONAL)
150 G CHORIZO, SLICED SALSA (OPTIONAL)

PINTO BEAN & CHORIZO TACOS



METHOD:

SOAK THE BEANS OVERNIGHT IN COLD WATER TO SOFTEN THEM. AFTER SOAKING, DRAIN THEM AND PUT INTO A SAUCEPAN WITH 1.5 LITRES OF WATER. BRING TO THE BOIL AND BOIL RAPIDLY FOR 10 MINUTES, THEN TURN THE HEAT DOWN LOW AND COOK FOR 2½ HOURS. PUT A LID ON THE SAUCEPAN, BUT DO NOT COVER FULLY. YOU SHOULD BE ABLE TO CRUSH THE BEANS BETWEEN YOUR FINGERS IF THEY ARE STILL TOUGH, COOK FOR A LITTLE LONGER.

TO REFRY THE BEANS

HEAT THE OIL IN A SAUCEPAN, ADD THE CHORIZO ONION AND GARLIC AND SWEAT FOR ABOUT 1 MINUTE. ADD THE COOKED BEANS AND PAPRIKA, AND COOK FOR 10 MINUTES OVER A MEDIUM HEAT, USING A POTATO MASHER TO MASH THE BEANS CONTINUOUSLY.

TO SERVE

FILL THE WARM TORTILLAS WITH THE BEAN AND CHORIZO MIXTURE. SPRINKLE ON THE CHEESE AND CORIANDER, ONTO EACH TACO AND SERVE WITH THE ADDITIONAL CHORIZO AND SALSA ALONGSIDE.